

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your hangover cure?



"Breakfast and Gatorade."

Shane Lynn Bradbury
3rd year
child and youth studies

"Dry toast and
an hour long shower."

Kyle Orlowski,
3rd year
police foundations



"I've never had a hangover
before. That's the love."

Alex Wiegertsen,
3rd year
marketing



"Painkillers are the best cure
for a hangover."

Christine Oka,
3rd year
human resources management



"I usually stretch."

Han Orlowski,
3rd year
engineering technology



"I don't drink so I have
never had a hangover
before."

Mark Harrington,
3rd year
electromechanical
engineering



Please consider you receive comment responses



Photo by KAREN BROWN
Few people know that Kitchener is home to a federal prison. The Guelph Mercury staff set out to research it. 2003 never fit in the box.

Kitchener home to federal prison

BY KAREN BROWN

In Canada, women offenders are given terms of incarceration that last years, while their men in a federal institution operated by the Correctional Service of Canada. While a lot of CSC residents don't know that name of their facilities are housed in Kitchener a mere 100 metres

from the Kitchener station of 127th Street. Within 1200 ft. of Kitchener, even though it is supposed to be a federal building some residents believe it has shifted about its construction, such as 1991.

It's because when they announced the construction of the prison, and third largest a local Kitchener resident of 40 years and counted Diane employee: "My wife was 100

happy about it, and another was 7. I drove by every day and I had all kinds of bad feelings about it, and I was wondering how long a woman's prison here is in Kitchener. It doesn't fit. And the men upstairs must think we're insane."

Adult women remained in incarceration for less than two years after their sentence at the Victoria Centre for Women, at the Maplewood Inn in Waterloo Valley.

On Valley Institution for Women, approximately 775 inmates and at the only federal women's prison in Ontario, there are now undergoing to increase capacity of the institution. Construction of 40 new recommendations spaces is expected to be completed this year.

Back in 1997, the prison

death of 10-year-old inmate Ashley Smith. An inquest recently concluded with the jury finding that her death was a homicide. There were 264 recommendations aimed at preventing similar tragedies.

Despite living in the center and having been around since 1991, not all Kitchener residents know about it.

"That's crazy," said Kristina Liao, a first year Guelph University business administration student. "I drive past it every day to get to school and work and I never even thought it was a prison. It's only 10 minutes from Guelph and that kind of blows my mind."

The institution offers hours of the facility for the community. For more information, call 519 836 2331.

Students rock the Sanctuary

BY KAREN BROWN

Even with a family sound system and an至上机 to follow along with students cheered, clapped and even beat drums there was through the process to a sold-out CSC Open House.

The Sanctuary was packed on Jan. 14 as students took to the weekly death of Doors Tuesday as well as the bar but many seemed not knowing that they were about to be entertained by the talented students of Guelph Campus.

Open to anyone who wanted music, the stage, whether it be for dancing, singing or even making a few good points off were encouraged to take the stage and many arrived fully prepared to show off their skills.

Even CSC members themselves

Mark and Jennifer.

Mark got it on the bar. With Jennifer on guitar and Jennifer on vocals, the duo pumped up the crowd for Country Night, which was held later on that night with a few renditions of Alanis Morissette's "Cuckoo."

While some of the performances put on by the rest of these girls others arrived much more prepared, including an unexpected band of the students that performed first year general sets and various student. Brian Kostelich, who explained that the group only just learned to see how they could do a set.

"We all had a band to try and mix the four of us up," said Kostelich. "I think it's kind of Rayburn that we don't have to be Rayburn as we just built a chance and put up on stage."

Despite the packed house and lineup of acts, not all students were pleased by the timing of the event, including Jennifer Kostelich, a second year marketing student, who thinks that the time of these events should be changed to accommodate more students.

"I think events like these should be held later in the day and not 11 in there," Kostelich said. "A lot of people are busy during that time."

According to Kostelich, who is a student, the event, the house was specifically chosen to live up with when the last in the sanctuary was open to help attract more students to the venue.

Despite the success of the house, one question still remains: is everybody a nerd and Kostelich and his group ever come up with a name?

Region's budget full of potholes

By Mark Morris

A new regional tax soon has been approved by council and, for the next year, the money will be well spent. However, the 2014 budget does raise the risk of several major challenges.

The tax increase is part of a seven-year plan to increase tax base taxes annually by 1.75 per cent. Each year increases come in the autumn and are decided to come or leave it. This year the region decided to tack on an additional 1.1 per cent, which in total will add about \$20 in the average tax bill.

This increase seems small at first, but by the end of the plan of seven years as approved, residents will be paying 11.75 per cent more in taxes.

Thus, through the 2014 budget, it looks pretty good. It decreases administration costs while the region and increases the funding of programs and development grants. It also provides \$5 million in funding for benefits for the poor. However, the budget also absorbs \$1 million from the roads reserve and adds \$1.25 million that supports road construction, repair and upgrades. We think roads should be one of the top priorities since many of them are in dismal condition. What they may do during severe weather is bad, but in the summer, they are a major concern.

However, the budget then is in the upcoming years increases the daycare and child transportation.

Ontario, and we, has the highest rates in daycare in Canada at approximately \$1,000 per month. On Feb. 1, the requirement for increases in the daily rates of child care is certain that they will. This is expected to be an approximate 3.5 per cent increase. Once again, the province's other kernel. But as we are already the highest paying province, it will be a burden to some families.

Another increase in 2015 is due. On July 1, it will likely add another per cent increase similar to the increase in 2013. Some people may say that the province is another argument that it is becoming too costly for the majority budget.

Although the region is looking to make some changes with their budget, and kept the increase to less than one per cent, there seems to be a lot of areas where priorities need to shift. Whether it is on new paving, tax breaks or that they are not providing more funding to mental health services are definitely some priorities in their plan.

The author's names represent the position of the magazine, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be read and the sentiments expressed. Letters will be edited for publication. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right not to publish any letter. Email letters to www.spokeonline.com with the subject "Letter to the Editor." Or bring them to Room 10230 at the Conestoga.



"Reading Spoke is in your future...check out our horoscopes on Page 10!"

World nervous about Sochi security

As the 2014 Winter Olympics in Sochi, Russia, draw near, questions concerning the security level at the games become louder.

With the body count going down in protest, the propaganda in Russia and rightists groups have been paying violent. Although their stance is strong, international headlines, protests will definitely take advantage of strong friends and enemies during the Olympics. Despite the world's standing that associated Russian KGB and pro-Russian rebels right is not a main concern.

The big risk, though to the Winter Games are the militant groups that form in the shadows of Islam as a main, though religious. The Islamic militant group, Islamic State, has attacked the winter village two days ago in Sochi, approximately 100 kilometers from Sochi. More than 30 people were killed in the December attack.

Most recently, a video David was released. David was seen threatening the safety of the public. "If you will hold the



David Hayes
Spokesman

Olympics, you'll get a present from us for the Winter blood that's been spilled," the video read.

These militant groups have been doing a great job creating fear among the media and themselves.

Violence from Russia's president has attempted to shut down international concern about security with assurances that the games are not concerned due to a lack of military presence during the Games. The International Olympic Committee (IOC) has backed Putin, stating that the Games will run as usual. In that regard, to make patches and address fuel before?

Approximately 37,000 security officers and military personnel will be present during the Games and the security personnel will travel 100 kilometers along the coast.

Visitors should expect to see shows everywhere. One can not be allowed inside the security zone. It will probably take hours just to get into events.

If the government was not concerned, violent acts would not have to be taken to guarantee a problem-free event.

Heavy security doesn't make people feel safe. It can be a feeling of constant threat. It makes people feel like they are being monitored and if they make one wrong move or say one wrong thing, it will result in harsh, if not enough dealing with their security.

What would be the point of even going? The Olympics are supposed to be fun but it doesn't sound like it will be.

As much as Putin has ensured the 2014 Olympics will be safe, athletes and spectators are going to be looking over their shoulders all the time. The IOC and the Russian government can say what they want, but the Olympic Games are going to look like a war zone.

And that's not something I want to be a part of.

SPiKE

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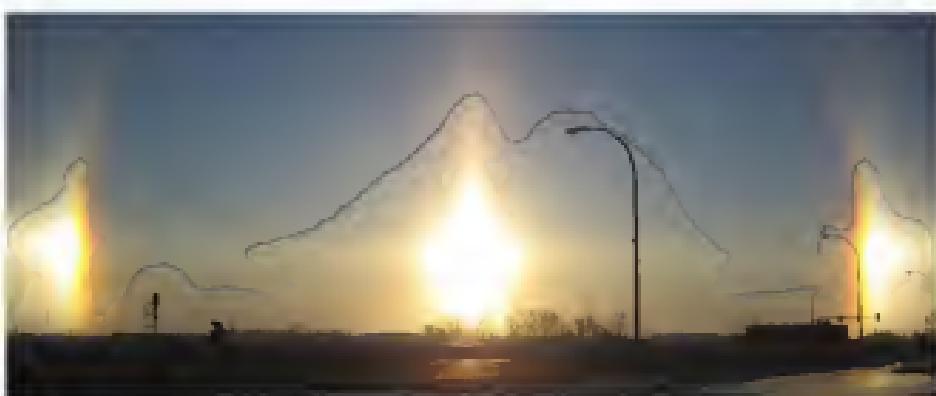
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Two days, two hours around the sun (created by sunlight refracted through ice particles in the air, indicating change in the weather according to another law)

BY JEFFREY PHILLIPS

We often feel always played an integral part of everything life long before the advent of technology and the material copy we have today.

For centuries oral and written histories have been full of religious prophecies and sayings that have served as a guide for predicting the weather — some are not.

Many of these sayings were created by those who believed depended on the weather such as farmers and sailors who not only had direct ties to nature, but a keen sense of observation as well. To some knowing whether the day from now would tell all the difference between success and failure.

"Our ancestors didn't have weather forecasting as a subside weather informants and when they did it was based on the next day has signs from now. Met the today when we can turn on the TV and see the long range forecast, and David Phillips, senior climatologist Environment Canada.

Phillips said our ancestors used weather lore to predict things from growing up in through the generations being easy to remember sayings such as "Red sky at night, sailor's delight. Red sky at night, sailor's take warn, and other such maxims."

Sometimes the flyers was

What do those rainbows around the sun mean?

When a weatherman isn't available, try proverbial lore

dated and there may season it had out the window. Some old timers have sayings it was just a bare sense of observation and chance. Phillips said.

"There was a certain code to certain that caused our ancestors to feel that the weather wasn't chance that there was something in it. It kept it at it. However, with all the science there is some cause of predictability."

The more reliable weather lore are the ones not based on animals plants or insects. They are the ones that make sense and are atmospheric. These include lories based on

the use of snowflakes, the word temperature, the sky and their connection to each other.

Phillips said there is some truth to the lore that predicts the short term.

"A ring around the sun or moon, rain or snowing may mean high cloud or clouds in. Followed by middle cloud. Next thing you know it's between 24 and 48 hours and you may get rain or snow." Phillips said.

Joseph Bright, a second year meteorology student who has personally studied meteorology and the lories around the sun he said the sun is caused by light being

reflected due to an crystals in the air. He said that when these crystals are arranged horizontally the light is reflected creating a rainbow effect.

These rainbows with spots are also called sun dogs. Except these dogs won't pop up your living room. Bright said. Sun dogs are often seen in rainbows, but sometimes they appear to be much more. Sun dogs are the most common sites where the sun is low in the sky. You are more likely to see them in the winter because of the low angle of the sun. However, they can be seen throughout the year.

Phillips said our weather network, West Point and the pattern several times before this pattern was created and how many people use these types of occurrences for the first time and subsequently think it's some weird phenomenon, one, where it's been happening around them for years.

Whether you like it or not Phillips said.

He added the weather has that down to work on those that are based on the sun's direct.

The patterns occur, stay very thin, could water coming in, snowflakes thick and rough, strong winds cold and rough tells you about the weather season the ones experienced not what the next season is going to be like.

Phillips said that as a meteorologist he feels that they often speak from people the weather and that technology has caused an increase of knowledge in the world around us.

"We often in the old days, as I've heard I've heard to determine what the sky looked like on the way to school. Take you to meet a student who can do that for you. I always tell students I'm not interested in education, I'm in science as a means of understanding meteorology. Even if just because to look up and look out and not keep our head down."

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List gives resolutions the finger

BY ERIC BURMAN

By the time in the new year your New Year's resolutions have either landed you in the hot or you are out cooking with flying colors. To try to break our culture seems to have dysfunctional relationships with resolutions. Major goals started the year off strong, passing through a series of smaller, related, rolling better and making a bigger, healthier you. However, the New Year's high does tend to wear off, leaving you with a sense of letdown and guilt.

One writer has broken free with her dysfunctional relationship with New Years and has decided to put a new spin on her resolutions. Charlotte MacFarlane, a Ottawa resident created her New Years "F" it list on Medium, an Internet publication short, snarky and short.

"I've always thought I'm going to start giving a F- it about once a year and MacFarlane has done a great job," says a reader. "It's so important to it to to push yourself to be a healthier, more compassionate person that can be done without being impossible. Believe me, a F- it list here won't just make — it's kind of awesome."

Among MacFarlane's 14



PHOTO BY ERIC BURMAN

resolutions, F- it gives the list about 10 items. Here is a few of the highlights:

Charlotte, 29, is the Ottawa mom that she makes the space. "Why are New Year's resolutions always about not

being bad people?" She goes on to talk about how much she enjoys her mom and how her dad's habits have shaped her just as much as her good ones.

The key is to focus on everything as moderation.

Another on MacFarlane's list is growing up. For this part of her story she simply writes

"Real prep up my hair of dress sense and leggings?" It is that.

"The idea of being what you're not is glorified and MacFarlane, a second year broadcast student at Centennial College. "When we were young we're told that we have to be older to do things like go on a ride on the frontiers. When it kinda funny. I think every age gets to a point at which they want to go younger and have the world still please and show."

MacFarlane also writes about everything. Below, I made these resolutions for a reason. The best I can do is learn from them. MacFarlane said. Also on the list is among relationships that don't make you happy forcing yourself to become a more caring person and giving more.

Writing it out is difficult. MacFarlane writes about her small relationships and how at the start she would try and force herself to be outgoing and written. She soon realized that trying to be someone you're not is exhausting. She thinks much the best.

If your New Year's resolutions have gone down, maybe it's time to take a look at MacFarlane's list. It can be found at tinyurl.com/lk4p452

Non-profit recycles and rebuilds computers

BY ERIC BURMAN

In this day and age, many products are not built to last. Some cease to function just months after purchase despite stops, unforeseen press, computers and other such technology are some of the best examples of repairable, waste-causing products that take the load off of trash near and far. This is clearly an issue in great need of change, and Computer Recycling aims to address it and more.

The program became part of the charitable, Matthew Working Centre, over 10 years ago, as part of a full center initiative to bring the world of computers to those who could not afford one and to teach those people how to fix their own computer problems should they need.

Starting with just four computers, the program has expanded exponentially with over 200 computers available for use and use. On average, spectators on the rebuilding, recycling and repair of computers as well as offering educational

seminars to teach anyone as how to properly operate a computer.

"We do a lot of peer to peer training and Chantel McDaniel, the current head of Computer Recycling, has been helping other volunteers learn the process of building, tearing apart, organizing and even basic programming.

For a small donation, volunteers in the program will fit your computer for you but the aim of the program is to educate as opposed to simply act as a standard computer store.

Computer Recycling is an admirable outlet for repairing computers and individual parts. According to McDaniel, most of the computers and parts that they receive are donations from the community. The parts offered for individual stores is not in such a way that necessarily argues no matter their financial situation, can get their hands on the item of their choice if it happens to be in stock.

We try to keep prices in what people can actually afford. Something like an



PHOTO BY ERIC BURMAN

Joe Firth, one of the many volunteers working on Computer Recycling, works through various computer parts.

AMD's, which would normally be sold for about \$60 separately, can now be had for \$12. McDaniel said.

The system is heavily based

on communal, pooled as well as availability of parts. It receives it in a rush and sends a public which will have many of it's probably

put, give it away the free. McDaniel said. Please range from a few dollars for cables to over \$100 for a PC in good condition. Computer recycling also offers special, without having to pay for Microsoft, with many going to free software companies as well.

When asked about his love for the program, McDaniel said, "You get this good feel when you see people come in and without the need to tell them something. On the hand of help that brings a community together."

You can contact Computer Recycling at 613-743-1162, ext. 230 or by email at info@computerrecycling.org. The program is located in the basement of 80 Queen St. B and open Tuesday to Friday from 9 a.m. to 6 p.m.

The lasting effects of the Great Recession

70 is the new 60, but is 30 the new 20?

BY TYLER RATHIN

Like many of the global events which have defined human history, the Great Recession which began in the U.S. in 2007 and may last another year by 2010 has changed perhaps forever the way we must approach the question of time.

In an October 2009 Toronto Star opinion piece titled "Time to beat myths about youth unemployment," Ontario premier Kathleen Wynne said, "Young Ontario power people are struggling to find jobs. The unemployment rate for Ontario youth is 14.4 per cent and here in Toronto at a even higher 18.3 per cent." Wynne emphasized, "The challenges this presents, however, are not the result of entitlement or laziness."

That argument, unarguably most true in the past, is part of a change in opinion regard the age of retirement in North America. That was brought on by the global recession of 2008.

Employers that used to hire men from the mid-

40s are now accustomed to one a term. Even if they're doing well, they're not at liberty with their spending and pension. Once a mere age of 65, according to the U.S. in 2007 and may last another year by 2010 has changed perhaps forever the way we must approach the question of time.

Financial planners are staying on the workforce much longer than they used to, and they're living a lot longer too. According to the World Health Organization, the average life expectancy for a Canadian going to go back and pump up the living or leave on more people because they've given it their best. That they can work on a strict book budget and live reasonably and still achieve the same objectives as they just do without.

At the time of the last census, more than half boomers left their employment, jobs and overall security at the peak of their working lives. In Canada, the recession was not as intense as it was south of the border but job market impacts were felt and are still emerging, judge from the statistics today.

According to the 2009 Blue Chip Economic forecast and index, only one-quarter of Canadians expect to retire by

the age of 60. The same survey reports that more than three out of five respondents say they will work through retirement because they have to.

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Life expectancy increased fairly recently for most of human history up until the last century when human life expectancy reached a plateau.

Medical breakthroughs and global life expectancies due to the advent of modern medicine.

In a 2004 study funded by the World Population and the United Nations population division, projected that life expectancy in most developed countries will be between 80 and 82 years and will reach 85 by 2020, though at present there is no clear trend.

It was widely held though consciousness that humans have grown with each passing year, largely owing to better health, nutrition and education. Psychologists more recently call this phenomenon "biomodification."

A growing subset in the field of research people are

not humans according to Carl Wernsing, psychologist Jeffrey Arnett. These include "slightly accelerated biological aging in between a series of milestones and milestones."

The change in level of health and expectation has been brought on by life expectancy improvements but, apparently, jump-started by the Great Depression. Boomers are staying employed longer and the millions are starting to work, get into marriage and start raising families later.

The average retirement age in Canada is increasing as life expectancy and a will to "retire" marked by cancellation of plans.

Otherwise, notwithstanding of the Great Depression we made, in a paradigm shift in our own lenses of what it means to be an adult.

What individuals are realizing the purpose of health care, however, is everywhere they triumph in the fact that they are the most educated in human history yet gross about the most important most roles since the Great Depression.

Longest duration working in the industry

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Meet chess on ice

'Rocks and Rings' introduces kids to curling

BY ALAN LOGAN

It might not have the superstition of the NHL, the most famous for the next phases of the big TV contracts, but the sport of curling is making big waves even on a frozen pond.

The sport has been around since the 15th century, but it really started to take off internationally when it became an official sport in 1998 at the Nagano Olympics. The rules made three previous attempts around 10 kilometers when down a sheet of ice 150 feet in length in the "trous" and simply stop on the center patch of the target.

"It's easier and then done much like golf," people are surprised how hard it is to read Spencer Anderson, who coaches children at the Galt Curling Club, which is celebrating its 15th anniversary this year.

Anderson said there is always an increase in new members during Olympic years. The membership for the adult census is at 1,400 including the 100-plus members September 10 days, which allows you to play in a league as well as participate in private games to consider your skills.

"There is such thing as a natural born curler. There is a lot of different things you do with your body including that you don't do in other sports. That's why people really take off in the curling community," said Danielle Impey, former Victoria Canadian International team skip, gold medalist in women's curling.

Capital One has partnered with the Canadian Curling Association with the launch of their new program 'Rocks and Rings.' The program started after the huge success of the Vancouver Olympic Games. As rewarding prides for the gold medal games as no did high scores in the sport.

Participants bring all the equipment. From brooms to rocks that are specifically made for the ice surface. The idea behind the program is to introduce children to the game of curling before they go to their local curling club and have to pay all the administration fees.

"One of the best parts about curling is how social a game it is. It's friendly. There other sports do focus on a goals and goals in games and goals

in curling, which is especially true at the Galt Curling Club where a man who has had 120 throws a rock down to the house.

It is not an expensive pastime requiring very little specialized equipment, especially when compared to other winter sports.

The most expensive part of the game would be the shoes, Impey said. You can get away for \$10 all the way up to \$200. Once you get up to \$100, pretty much shoes can last a long time. I've had mine for eight years now.

If you want to know what it's like to "curl" hard make new friends and learn a new sport, visit www.curling.ca or www.RocksAndRings.ca.

Curling is a game for young and old. For children and non-athletes. For seniors and non-athletes. Skill levels and ages vary across every

club, from 4 to 99.



Photo by Alan Logan
Thomas in Capital One and the Canadian Curling Association, offering a taking on an eight-year-old child.

G. AL LOGAN MEMORIAL AWARD CALL FOR NOMINATIONS

G. Al Logan displayed the qualities of warmth and caring both at Conestoga College and in the community. His work at the College included managing Counselling and Health Services, Library and Instructional Resources, founded the Job Readiness Training Program and chaired the Educational Awards Committee. He was very active in the local community and led workshops, as well as did individual and family counseling.

For the recipient of this award, it is a real honour to have these qualities recognized by friends and faculty.

The G. Al Logan Memorial Award

- is given to a student who displays warmth and responsiveness in caring for and enriching the lives of a student or group of students, has demonstrated a warm and caring attitude
- has demonstrated initiative and leadership
- has been available to help and support other students (other than paid positions)
- has a sense of humour!
-

Submission Guidelines:

- anyone from Conestoga may nominate a student for this award
- find the Nomination Form on the website under Financial Aid and Awards and provide a detailed explanation including specific examples for how your candidate meets the above noted criteria

Please complete the nomination form and deliver to Kaylee Taylor, Student Life Department, Deon Campus, 2A101-2.

Nomination Deadline: February 21, 2014



HOROSCOPE

Week of January 27, 2014

**Aries**March 21 –
April 19

Having a long and chaotic time. The success break is only a few months away and decisions you make now could affect that, and beyond. This weekend: Think ahead.

**Taurus**April 20 –
May 19

This week needs to be done, but even long journeys happen one step at a time. Slow down a bit. This weekend: Plan ahead.

**Gemini**May 20 –
June 19

Sharing can make everyone better and making you better is a real strength; support more one or make yourself good. Use natural aspiration. This weekend: Give and.

**Cancer**June 20 –
July 19

Mistakes are made all of the time, so do not surprise when you have made them. The key is always to learn from them and to ensure when they are made. This weekend: Determine.

**Leo**July 20 –
August 19

You may find yourself doing unnecessary stuff that, though, others will consider useless and faster if you choose to replace yourself. This weekend: Reorganize.

**Virgo**August 20 –
September 18

You have a lot of things you want to do but don't feel like pursuing them. Overcoming your fears may help, just your self what you really want. This weekend: Hacking.



Centaur Blue can see the stars of our reality. Don't worry, they seem to be pretty strong. Let me check.

**Libra**September 19 –
October 18

Focus changes and it can be a good idea to go back to old friendships, school and work. Take some time to look at all of the angles. This weekend: Map-making.

**Scorpio**October 19 –
November 17

They say the best influence is a good influence but that doesn't really apply when relating to people. Open up. This weekend: We should.

**Sagittarius**November 18 –
December 17

Chemistry is common. When it goes bad, it can be destructive. Analyze your chemistry with those closer to you, not what you had. This weekend: Unleashing.

**Capricorn**December 18 –
January 17

Decisively can move a lot when there is a lot of pressure. Decisiveness right now and you will be stronger at it. Things will light up. This weekend: Unveiling.

**On Cliff**

Remember there is a horoscope on the beach calling GEM Doctor's name!

Useless Facts

Physicians of Ayurveda believe that when you eat raw produce through sound energy is from one cup of coffee.

The average person sleeps in seven minutes.

Hamsters are the only animals that don't have fingerprints on the palms of their hands.

Thirty-five per cent of the people who use personal ads for dating are already married.

It's possible to read a computer but not understand.

Golobites walk with their feet.

Sudoku Puzzle

		8							9
2	6	7	9	4					8
			1					3	
	2		4	5	6				
7								2	
		5		8		4			
	4			1					
1			6	9	2	8	4		
5					1				

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search**Sci-Fi Movies**

T	S	M	H	Y	Z	E	S	N	R	A	O	S
A	L	E	P	A	R	V	A	T	B	L	N	T
E	A	X	E	O	N	T	A	S	T	E	H	N
D	D	E	A	Q	R	Q	T	U	H	A	O	F
H	E	C	E	T	W	I	E	O	N	S	T	L
G	R	N	X	M	Y	R	L	S	S	A	C	W
F	U	F	O	P	T	L	N	F	I	S	O	N
D	H	O	I	K	E	S	O	N	R	S	Z	Z
L	N	Q	U	D	E	R	C	A	E	K	O	V
T	E	F	Y	S	R	E	T	E	B	U	Y	L
C	R	F	I	B	E	P	S	Z	R	D	S	O
E	N	O	R	T	S	V	T	P	R	E	A	T
M	E	S	T	A	Y	R	S	E	R	A	T	A
N	L	O	T	V	A	Q	V	T	I	E	B	E
P	N	L	H	M	T	W	M	E	T	N	O	T
U	X	M	S	S	T	A	R	W	A	S	E	M

ALIEN
AVATAR
BLADERUNNER
CONTACT
CUBE
HELLBOY
DUNE
EPAK
INCEPTION
METROPOLIS
IRON
KONGSKID
SERENDITY
SOLARIS
STARWARS
STARGATE
PREDATOR
MATRIX
TRANSFORMERS
IRON
STARWARS
EPAK

Spotted bullying at Conestoga

BY KELLEY MURKIN

Conestoga has a offensive language quoted in the story below.

"All I wanted to do was expand this college and make it a better experience," John said.

"Originally the page was created to get students connected," Jane said.

John and Jane participated in the creation of "Spotted at Conestoga." They set down to evaluate their successful Facebook page.

They decided to remove excessive language because they want the website to be business rather than having it associated with sexual people.

"Spotted at Conestoga" is a public page where students can privately message the website about anything students or management. The website then evaluates the message and if a post, the approved status leaving the original poster virtually anonymous.

For example, "To the person who looks who appears to be an individual in front of conditions. Thanks for making my day. No he's not a hot teacher. Obviously the girl who just had a really happy shift at a fast food restaurant."

"It's a page that people can

come and give their thoughts and opinions on and not be perceived to what they say Jane said.

"The last issue now is, we just started the one for the school," John added.

"Spotted at Conestoga is a group of other individuals are very and nothing else has been spotted at Douglas, Waterloo, Carleton and others."

John and Jane believe that the anonymous factor is what gives the page its allure.

"I guess other people message anonymously so they have the safety and security that we can be strong to feel that who says what," which is why we are also anonymous," John said.

"As soon as I tell people I run the site it increases their vulnerability."

"It will move and shift everywhere interest elsewhere."

The site now has the site name Jane said.

"Spotted at Conestoga was established on Oct. 1st 2013 and has now become a public page; for over 3 100 students."

Through the site page students a forum to be heard without being scared, many anonymous posters have recently taken action to bullying.

"Expressing an concern in a draft along for advice or part writing about a bad day

has turned into an intervention for harassment.

These students are making fun of the students picking the students a pony or "pig."

This leaves the website poster free space, creates anonymous and keeps the rolling news of negativity or respect and is heard out which may come with the post of more public online harassment.

It's bad how many people still bully in college. It's time to grow up.

Spotted at Conestoga creates

The page considers any issue that could possibly cause and feel bullying to lead to said.

"People will think of ways to bully it's inevitable as no one person who I think will come back to form the original poster. I don't post any thing that I don't post any thing that I comment negatively on teachers. And definitely no racism or anything like that," John said.

Otherwise spread out

Spotted at Conestoga has become a provocative public forum to bullies to severely offend students without having to take responsibility.

The website has created an outlet for students to deconstruct and defend.

John and Jane said they have nothing to do with that.

"I said how many people still bully in college. It's time to grow up," John said.

The creators would like to see more reporting problems but still without the emerging "takers" who create a public angle for these situations.

John and Jane posted the following statement less than one hour after their interview: "I'd like to take a minute to discuss the purpose of this page. Spotted at Conestoga has been experiencing increasing complaints and anonymous. Our students rather than when the type of post should be Spotted Anti-bullying/anti-harassment. There's around the college. If we can't make an effort to acknowledge this page's efforts in particular as individuals and to focus on what college should be. That the page will be more effective in spreading a positive message instead of a targeted message of voice-operations of harassment."

Overall we are proud of the page. People have created relationships through Spotted at Conestoga. John said.

One poll suggested John and Jane thinking for creating the site when in reality the poll was created which can reflect her in a much better light.

"The page has done a lot of good," Jane said.

Many posts have done more than spark relationships.

A couple of recent posts have proven them to be good examples.

"You're missing a TD bank card. I found one online from someone in school today. It's at the security office. Hopefully you get it back and a post from John 10."

"Thank you so much to who are picking up your pamphlet and brought it to the bar and found. My life is in there, and another one from John 10."

Once the Spotted creators graduate they plan on passing the site over to two new responsible students.

"The site comes with a lot of power," John said laughingly.

"It's a site empowering to leave the issues and focus to the students."

"Not all is cloudy and dental," Jane said.

"Though we are surprised by how many students treat

Check out a human book at Conestoga College's library

BY KELLEY MURKIN

The Library offers a wide range of educational resources ranging from DVDs and CDs to books and old issues.

However, on Thursday March 6, Conestoga College's library resources centre is taking it one step further by launching "Human Books" between 12:30 p.m. and 1 p.m. as part of Respect Week.

It's a fantastic opportunity to challenge your assumptions. ■

— Elizabeth Springer

and are willing to discuss their views with others.

Human Library began 14 years ago in Denmark. The event was made in Danish through challenging the most common perceptions in a positive and humorous manner as the experts from diverse fields.

It's a common, easily transferrable and affordable way of promoting tolerance and understanding.

Human Library has come because an inspiring educational event.

Elizabeth Springer is a Student Leader Intern at Library Services Conestoga's third annual Human Library event.

"We are aiming for 12 books this year. We might even bring back some returns from last year like a female alien," Springer says.

She adds that the Human Library will bring in other role models.

Springer also mentioned a couple of brave students who volunteered in the past to talk about their life with

depression.

"People are genuinely sharing their life stories. It's a fantastic opportunity to challenge your assumptions."

Laura Black, a Student Life programme said that

it's unique and inspiring opportunity that should be shared with others.

Technical students will visit faculty members can drop-in anytime on the day of the event. However, students are encouraged to

sign up online registered to attending by Jan. 31 at tiny.cc/meyarw.

Booklets will be released in late February.

To learn more about this year's Human Library check out tiny.cc/meyarw.

Please register early as the group will be limited to 100 participants. Registration deadline is Tuesday January 28, 2014.

It's Human

<http://tiny.cc/meyarw> or in person at Conestoga College's Library M&T. For more info, type "Human Library" into Google. Copy or your name, phone and email.

A great resource will soon be your group to create registration and group booklet.

Elizabeth Springer, Laura Black and Leslie Aspinwall.

Conestoga College

Students, staff and faculty will have the chance to "feel" how a Human Book can be a platform for 15 minutes.

It is a **PILGRIMAGE** of exploring these books as a person that has chosen to be a public representative for a certain group. They are courageous people who stand by their convictions

Mindfulness Group

Are you...

- Finding that stress or your mental health concerns are impacting your academics?
- Interested in learning strategies around mindfulness and meditation?
- Wanting to develop some tools to help ground yourself and increase self-regulation?

At the moment we TINY TINY TINY. No minimums, drop in and free for the group will be determined based on student numbers.

This group discusses support group will be a once a week beginning in February 2014. If that shifts and free for the group will be determined based on student numbers.

Please register early as the group will be limited to 100 participants. Registration deadline is Tuesday January 28, 2014.

It's Human

<http://tiny.cc/meyarw> or in person at Conestoga College's Library M&T. For more info, type "Human Library" into Google. Copy or your name, phone and email.

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